

Good Nutrition for a Strong Immune System

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Good nutrition is vitally important for keeping our immune systems strong. During these uncertain times where we may feel there is no hope or we have no control over things, one thing we can control is choosing good quality foods to feed our bodies. We need a regular supply of vitamins, minerals and proteins from our foods for strong, healthy bodies.

1. PROTEINS:

- Key building blocks for our immune systems
- Plays a big role in healing and recovery
- As bariatric patients, it is vital that you eat your proteins first and take in 60-70 grams protein every day
- Good sources: fish, seafood, lean beef, lean pork, lean poultry, eggs, cheeses, Fairlife milk, nuts and seeds

2. VITAMIN A (BETA CAROTENE):

- Fat soluble vitamin
- Through antibodies, aids in regulation and protection of our immune systems
- Good sources: eggs, Fairlife milk, spinach, kale

3. VITAMIN C:

- Water soluble vitamin
- Supports our immune system by determining what kind of protection is needed
- Good sources: non-starchy vegetables such as broccoli, red and green peppers, Brussel sprouts, cauliflower

4. VITAMIN D:

- Fat soluble vitamin
- Regulates the production of a protein that kills bacteria and viruses
- Good sources: fatty fish such as salmon, eggs, cheeses, Fairlife milk, tofu

5. ZINC:

- A mineral that helps immune system work better
- Aides in wound healing
- Better absorbed from animal sources
- Good sources: seafood, lean beef, lean pork, lean poultry, nuts and seeds, beans

Along with nutrition, it is imperative to also stay hydrated. Dehydration can be a physical stressor on our bodies, which can weaken our immune system. Make sure to continue to drink 64 oz. of non-carbonated, sugar-free fluids throughout the day.

Lastly, always take your multivitamin with iron to ensure you are getting the Recommended Daily Allowances (RDAs) of all vitamins and minerals.

“Hope must be there in the beginning for us to start. It is a well from which we must continuously drink to refresh and sustain ourselves.”

There's no place like HOPE by Vicki Girard

References:

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